MOVE!, The *MOVE!* Tookit, Some Details on MOVE!23, Recommendations

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VA National Center for Health Promotion and Disease Prevention

– VHA Patient Care Services

MOVE! Treatment

Primary Care Screening → *MOVE!23*

Self-management Support (telephone) (Level 1)

Group Sessions and/or Individual Specialty Consultation (Level 2)

Additional Levels

(not required to be available at every facility)

Weight Loss Medications (Level 3)

Intensive Medical Intervention (Level 4)

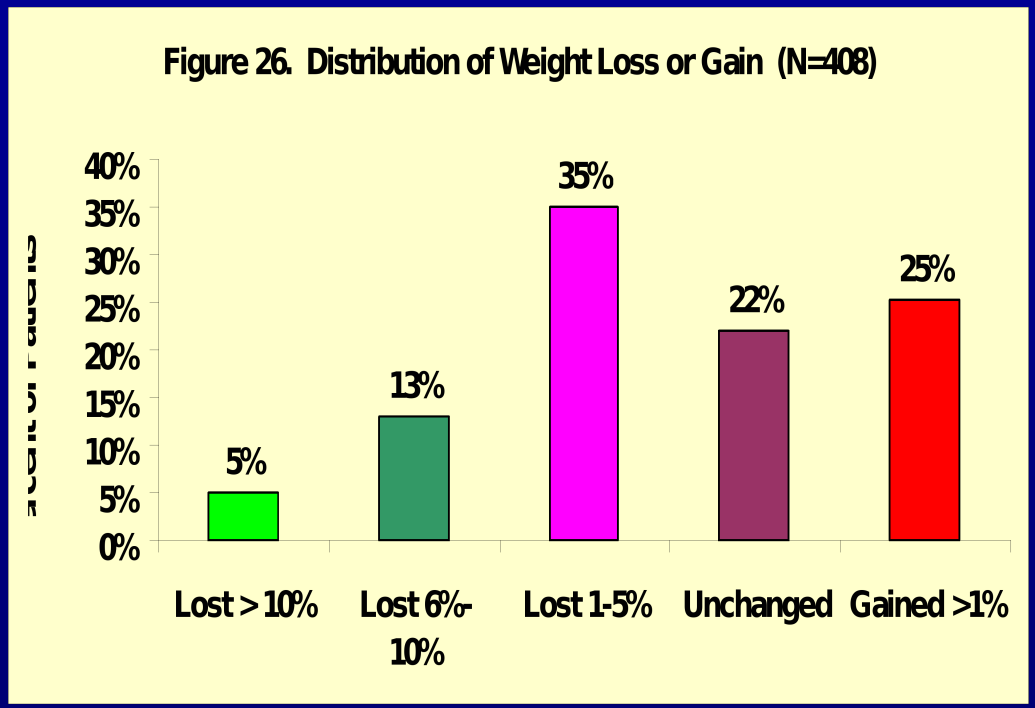
Bariatric Surgery (Level 5)

Development Process

- NIH/NHLBI Guidelines - Tailored for VA
- Piloting – 2003-2005 (formal eval & calls)
- Early Implementation – 2005 (calls)
- National Implementation – 2006 (calls and annual report)

Pilot Data

- Feasibility Trial – 2003-2006
  - 17 sites – n of 600
  - Final report available on website
  - Not a RCT
  - Identified barriers to implementation



Preparation for National Launch

Preparations

- Stop Codes Established
- Pedometers available in Prosthetics Services
- Information Letter
- Policy: *MOVE!* Handbook signed by USH in March – calls for launch of Levels 1 & 2
- VSSC utilization data cube launched
- Leadership identified – face to face – training
- PR Campaign

Preparations

- Toolkits distributed (see handout)

You would do ANYTHING for your children and grandchildren.
So ...
Lose weight, take care of your health, and live longer.
Ask your healthcare team how to Get into MOVE!
GET INTO MOVE!
Weight Management Program for Veterans
ASK YOUR HEALTHCARE TEAM ABOUT MOVE! TODAY!
Department of Veterans Affairs
Certificate of Participation
Small steps make BIG differences
CLINICAL REFERENCE MANUAL
QUICK START MANUAL
Pocket Guide

Toolkit Evaluation

- 6 months following release – sent out evaluation
- 68% return rate
- Findings:
  - 91% reported that it positively impacted implementation
  - 84% rated usefulness as highly or extremely useful
  - 90% rated program materials as having a “wow” quality

Toolkit Evaluation

- Findings:
  - The following specific items were rated has having been moderately or extremely helpful in establishing *MOVE!*:
    - Quick Start Manual – 92%
    - Patient Starter Folders – 89%
    - Color Program Brochures – 89%
    - Clinical Reference Manual – 85%
    - Pedometers for Staff – 83%
    - Laminated BMI and Physical Activity Sheets – 82%
  - Items with less favorable ratings included:
    - Marketing Stickers – 47%
    - Public Service Announcements CD, DVD, VHS 46%
    - Lapel Pins for Staff – 46%
    - Appointment Cards – 44%
    - Pedometer Labels for Prosthetics Service 44%

Toolkit Evaluation-Comments:

- There were a large number of comments complimenting the quality of the toolkit items.
- Several comments noted a desire for additional patient folders and calendars.
- In terms of item numbers and the size of the toolkit, comments ranged from “I did not need half the stuff mailed to me” to “we need additional materials,” to “could have used about 10,000 more patient folders.”
- A similar number of respondents liked or disliked the staff pedometers.
- Other respondents recommended:
  - a handout on body mass index
  - appointment cards which would allow for weight tracking
  - an ordering mechanism for additional materials

Toolkit Evaluation-Comments:

- Additional Items Desired:
  - Patient Calendars
  - Patient Folders with 10 standard handouts

Preparations

- On-line Training
  - Goals
    - Provide evidence-based clinical content relevant to weight management for a variety of disciplines and skill levels
    - Provide guidance for implementing and integrating *MOVE!* into routine care in the VHA setting

Training Audiences:

Seven Target Audiences (Tracks)

Facility and VISN Coordinators

Behavioral Health Professionals

Dietitians

Physical Activity Specialists

Primary Care Nursing Staff

Primary Care Clerical Staff

Medical Providers

Modules:

- Content broken into “modules”
- Each module
  - 3-5 objectives
  - 10-30 content “screens”
  - 5-10 self-assessment questions
  - Can be completed in 10-20 minutes
- Some modules relevant to more than one discipline, others unique
- Individuals receive continuing education credit by completing ALL modules in their respective discipline track

Modules Overview:

Last Revised
7/18/05

MOVE!

Web Training Modules Overview

	A	B	C	D	E	F	G
Target Audience:	*MOVE!* Facility and VISN Coordinators	Primary Care Nursing Staff RN, LPN	Medical Providers MD, PA, NP	Behavior/Mental Health Professionals Psychology, Psychiatry, Social Work, Psych RN, NP, PA	Dietitians	Physical Activity Specialists PT, OT,KT, RT, Others	Primary Care Clinic Clerical Staff
Content Focus:	*Program Overview *Minimal Clinical Content *Integration/Implementation	*Program Overview *Tailored Clinical Content Level 1-5 for Discipline *Brief Integration/Implementation	*Program Overview *Tailored Clinical Content Level 1-5 for Discipline *Brief Integration/Implementation	*Program Overview *Tailored Clinical Content Level 1-5 for Discipline *Brief Integration/Implementation	*Program Overview *Tailored Clinical Content Level 1-5 for Discipline *Brief Integration/Implementation	*Program Overview *Tailored Clinical Content Level 1-5 for Discipline *Brief Integration/Implementation	Program Overview With Emphasis on Admin/Logistical Issues
Modules:	1. Overview of *MOVE!* 2. Program Implementation- Part I 3. Program Implementation- Part II 4. Marketing *MOVE!* & Community Strategies	1. Overview of *MOVE!* 2. Screening/Offering/ Completing *MOVE!* 23 3. Health Behavior Change Counseling and Supporting Self-Care 4a. Basic Principles of Nutrition 4b. Basic Principles of Physical Activity 5. Level 2- Group Classes and Individual Consultation 6. Overview Level 3- Using Anti-obesity Medications 7. Overview Level 4 & 5- Brief Residential Treatment and Bariatric Surgery 8. Weight Loss Maintenance 9. Overview of Implementation/ Integration	1. Overview of *MOVE!* 2. Screening/Offering/ Completing *MOVE!* 23 3. Health Behavior Change Counseling and Supporting Self-Care 4a. Basic Principles of Nutrition 4b. Basic Principles of Physical Activity 5. Level 2- Group Classes and Individual Consultation 6. Medical Evaluation of Obesity 7. Medication Adjustment to Facilitate Weight Loss 8. Level 3-Using Anti-Obesity Medications 9. Level 4-Residential Treatment and Level 5 Bariatric Surgery Part I 10. Level 5- Bariatric Surgery Part II 11. Weight Loss Maintenance 12. Overview of Implementation/ Integration	1. Overview of *MOVE!* 2. Screening/Offering/ Completing *MOVE!* 23 3. Health Behavior Counseling and Supporting Self-Care (Disc. Specific) 4a. Basic Principles of Nutrition 4b. Basic Principles of Physical Activity 5. Level 2- Group Classes and Individual Consultation 6. Overview Level 3- Using Anti-obesity medications 7. Level 4-Brief Residential Treatment and Level 5 Bariatric Surgery 8. Weight Loss Maintenance 9. Overview of Implementation/ Integration	1. Overview of *MOVE!* 2. Screening/Offering/ Completing *MOVE!* 23 3. Health Behavior Counseling and Supporting Self-Care (Disc. Specific) 4a. Principles of Nutrition as part of Weight Mngmt. 4b. Basic Principles of Physical Activity 5. Level 2- Group Classes and Individual Consultation 6. Overview Level 3- Using Anti-obesity medications 7. Level 4-Brief Residential Treatment and Level 5 Bariatric Surgery 8. Weight Loss Maintenance 9. Overview of Implementation/ Integration	1. Overview of *MOVE!* 2. Screening/Offering/ Completing *MOVE!* 23 3. Health Behavior Counseling and Supporting Self-Care (Disc. Specific) 4a. Basic Principles of Nutrition 4b. Principles of PA as part of Weight Management 5. Level 2- Group Classes and Individual Consultation 6. Physical Activity and Chronic Disease 7. Overview Level 3- Using Anti-obesity medications 8. Overview Level 4 and 5 Brief Residential Treatment and Bariatric Surgery 9. Weight Loss Maintenance 10. Overview of Implementation/ Integration	1. Overview of *MOVE!*

Example:

Primary Care Nursing Staff

1. Overview of *MOVE!*
2. Screening / Offering / Completing *MOVE!23*
3. Health Behavior Change Counseling and Supporting Self-management

4a. Basic Principles of Nutrition

4b. Basic Principles of Physical Activity

5. Level 2–Groups Sessions and Individual Specialty Consultation

6. Overview Level 3 – Weight Loss Medications

7. Overview Level 4 and 5 – Brief Residential Treatment and Bariatric Surgery
8. Weight Loss Maintenance
9. Overview of Implementation/Integration

Example:

Dietitians

1. Overview of *MOVE!*
2. Screening / Offering / Completing *MOVE!23*
3. Health Behavior Change Counseling and Supporting Self-management
4a. Nutrition as Part of Weight Management
4b. Basic Principles of Physical Activity
5. Level 2–Groups Sessions and Individual Specialty Consultation
6. Overview Level 3 – Weight Loss Medications
7. Level 4 and 5 – Brief Residential Treatment and Bariatric Surgery
8. Weight Loss Maintenance
9. Overview of Implementation/Integration

Module Example:

Health Behavior Counseling and Supporting Self-Management

1 Objectives Screen:

1. Describe the basic principles of effective counseling for health behavior change.
2. Demonstrate communication techniques appropriate for patients in various stages of readiness to change.
3. Interpret the *MOVE!23* Staff Report and use this information to assist patients with health behavior change.
4. List the basic principles of self-management support and explain the use of telephone follow-up in support of *MOVE!* Level 1.

28 Content Screens plus 1 Summary Screen

10 Question Screens

1 Reference Screen

Current National Statistics

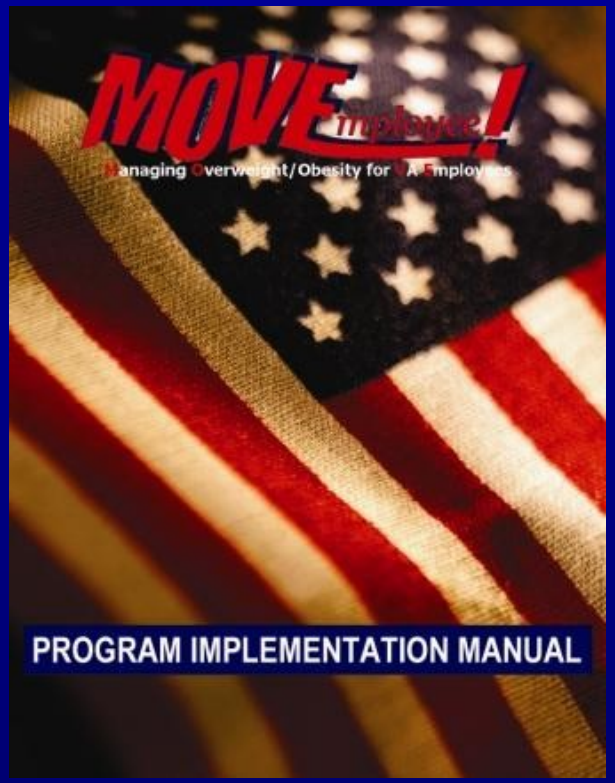
- 2000 – 40 of 200 or so facilities reported having a weight management program
  - Not comprehensive, not multidisciplinary, no screening, consult based
- October, 2006 – 96% of programs report having weight management program (147/153 hospitals – 48,352 unique patients)
- How many counseled and offered MOVE!?
  - Accept rate 5% - 967,040
  - Accept rate 10% - 483,520

Other Supportive Activities/Materials

MOVEmployee!

Product of NCP Health Promotion & Employee Wellness

- *MOVEmployee!* Manual
- Uses elements of *MOVE!*
- Can be tailored to facility's needs



http://www.prevention.va.gov/Wellness/MOVEmployeemanualinternetversion1.0.p

HealthierUS Veterans Initiative

- Joint VA-HHS Initiative
- Focus: educate veterans, their families, and communities about the health risks of obesity and diabetes
- Includes five components:
  - "*Prescription for Health*"
  - Collaboration between VA medical facilities and *Steps to a HealthierUS* and other HHS programs
  - Promotion of *MOVE!* Weight Management Program
    - Internet Healthcare Provider Report
    - Elway Video
  - A national communication and health promotion campaign A
  - *Fit for Life* Veteran Volunteer Corps

HealthierUS Veterans Initiative

- Simple Message:
  - Eat Healthy
  - Be Active
  - Get Fit for Life

www.HealthierUSVeterans.va.gov

CPG & *MOVE!*

Subtle Variances in CPG & *MOVE!*

	MOVE! (pt. self-management)	CPG (medical model)
Screening	Every Other Year	Yearly
BMI threshold/ waist circumference	BMI of ≥ 25	BMI of ≥ 30 or BMI of ≥ 25 in presence of a weight-related disorder, or increased waist circumference
Eligibility	Criteria provided to identify patients who may not benefit from weight loss	No criteria provided

MOVE!

Subtle Variances in CPG & *MOVE!*

	MOVE! (pt. self-management)	CPG (medical model)
Readiness Assessment	After screening for BMI and assessment of likelihood to benefit	After medical assessment
Baseline Assessment	*MOVE!23* used to assess self-reported nutrition, physical activity behavior and barriers	PCP does medical H&P and lab tests (lipids, LFTs, FBS) as indicated

Subtle Variances in CPG & *MOVE!*

	MOVE! (pt. self-management)	CPG (medical model)
Weight Loss Goal	Reassess based on goals set by patient	Reassess based on <1-2 # weight loss per week
Treatment Plan	Self-determined plan	Detailed, documented treatment plan

CPG Implementation Barriers

- Staff resources/training
- Other resources – equipment, space
- Measuring waist circumference
- Medical assessment prior to readiness assessment
- Annual assessment requires resources
- Detailed treatment plan written and placed in record
- Individualized dietary plan would require additional workload for dietitians

CPG Toolkit Recommendations from NCP and Field

- Staff Tools:
  - Tape measures
  - Waist circumference measurement training
  - Motivational counseling
  - Take action for diabetes management (physical activity guide)
  - NIA – Exercise guide (dvd)
- Patient Tools:
  - Food & activity journal
  - Graphing tools for weight loss
  - Personal contract
  - My treatment plan
  - Pocket guide to serving sizes
  - Exercise video
  - Etools

CPG Toolkit Recommendations from NCP and Field (existing items from *MOVE!* toolkit)

- Staff Tools:
  - Group sessions
  - Pocket guides
  - MOVE! orientation video (staff)
  - Point of decision prompts
  - Clinical reference manual
  - Administrative ref. manual
  - Posters
  - BMI chart
- Patient Tools:
  - *MOVE!23*
  - *MOVE!* Website
  - Handouts
  - Patient folders
  - Pedometers (DoD)
  - MOVE! orientation video (patient)
  - Certificate of participation

Web Tools Available for Use by DoD

MOVE! Web Tools

- www.move.va.gov
  - Manuals, materials
  - *MOVE!23*
    - Patient Report
    - Healthcare Provider Report
  - Handout (10 standard) 90+ additional
    - Tailored by *MOVE!23*
  - Group Session Guidance

More on *MOVE!23*

- 23 items
  - Risks for exercise, weight management history, personal barriers: physical activity, behavioral, eating – internet version is anonymous
- Patient Report
  - Summarizes, identifies barriers, identifies handouts to address barriers
- Staff Report
  - Brief version of patient report with guidance on next steps

MOVE! Home - Microsoft Internet Explorer provided by VA NCP
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VA Home
About VA
Organizations
Apply Online
Find a Facility
Contact VA
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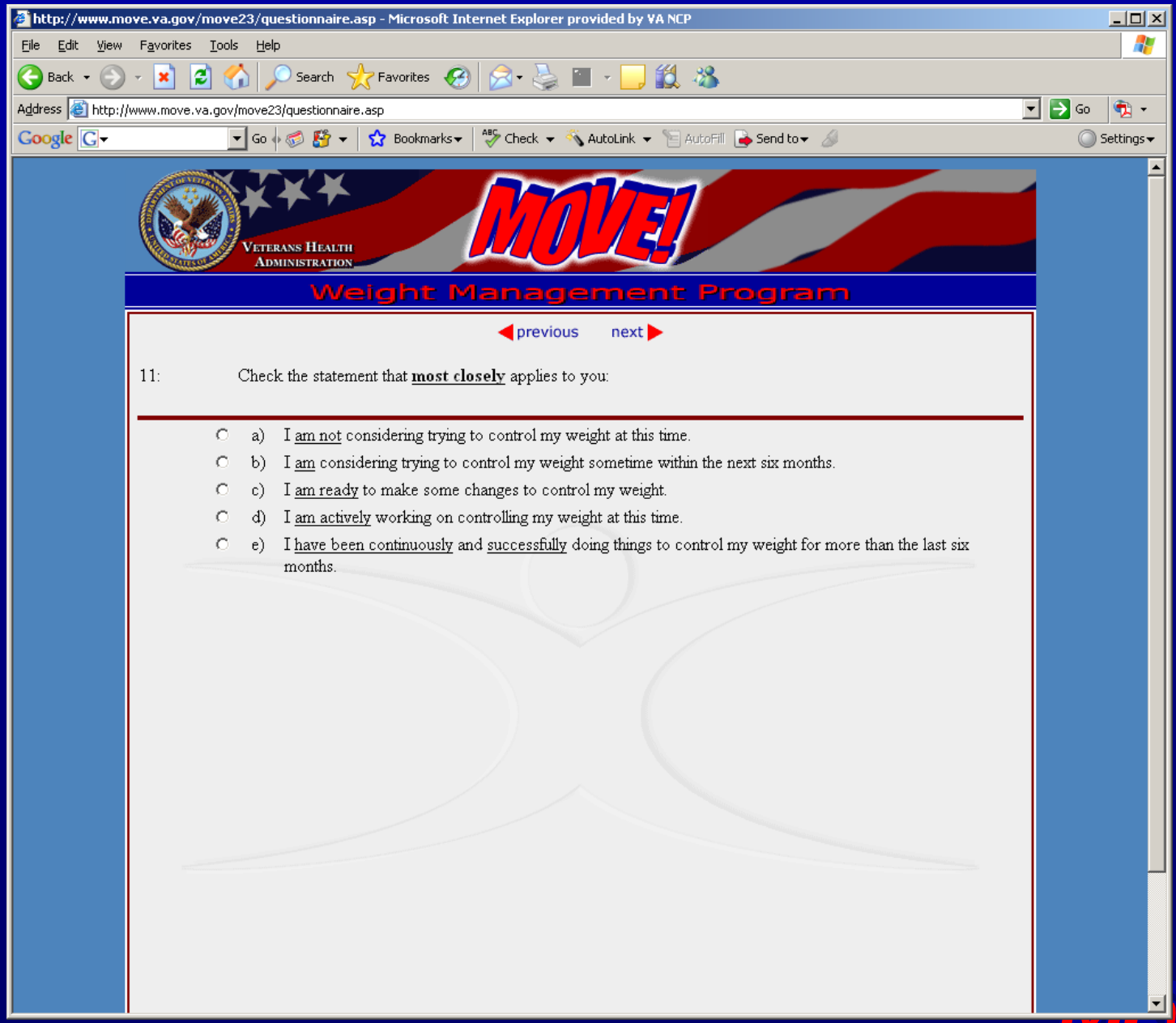
Health Care
Benefits
Burial & Memorials
NCP Home
MOVE! HOME
Who developed MOVE!
VA Weight Management Executive Council
MOVE! features
Why MOVE!?
What is overweight/obesity?
What is BMI?
Who can participate in MOVE!?
How do I get involved with MOVE!?
MOVE!23 Questionnaire
Link to the MOVE!23 questionnaire
MOVE! Handouts
MOVE! Public Service Announcements
MOVE! Q & A
MOVE! Press
WHAT'S NEW
HealthierUS Veterans Public Service Announcements
Eat Healthy
Be Active
Get Fit For Life
Three HealthierUS Veterans Public Service Announcements featuring former Denver Bronco John Elway and MOVE! have been filmed and are currently being broadcast on network television. The 60 second, 30 second and 15 second PSAs are located in the HealthierUS Veterans Toolkit.
15 Second PSA »
30 Second PSA »
60 Second PSA »
MOVE!
MOVE! is a national weight management program designed by the VA National Center for Health Promotion and Disease Prevention (NCP), a part of the Office of Patient Care Services, to help veterans lose weight, keep it off and improve their health.
If you are a veteran interested in finding out more about MOVE!, click here.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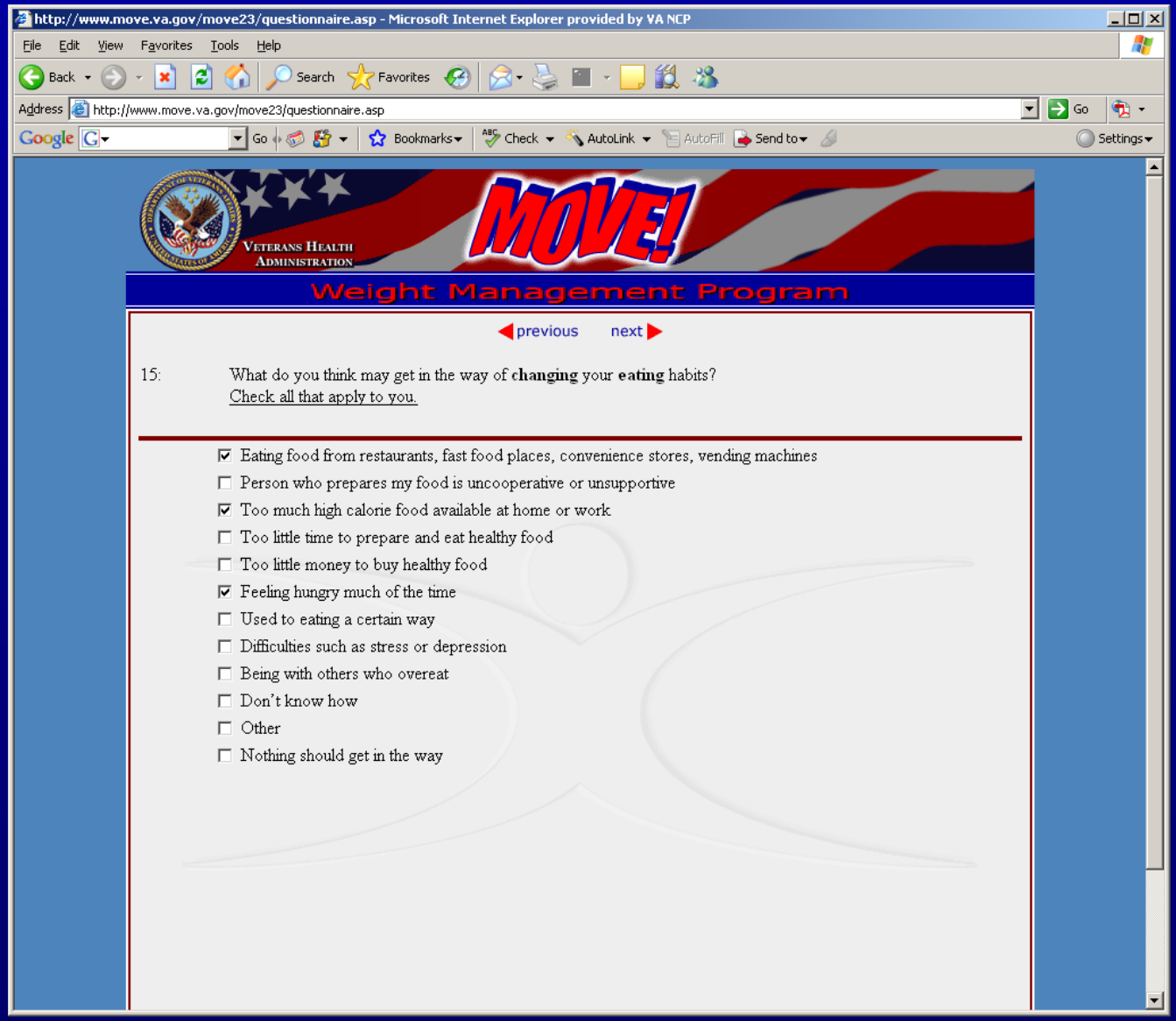
Veterans Health Administration
MOVE!
Weight Management Program
previous next
11: Check the statement that most closely applies to you:
a) I am not considering trying to control my weight at this time.
b) I am considering trying to control my weight sometime within the next six months.
c) I am ready to make some changes to control my weight.
d) I am actively working on controlling my weight at this time.
e) I have been continuously and successfully doing things to control my weight for more than the last six months.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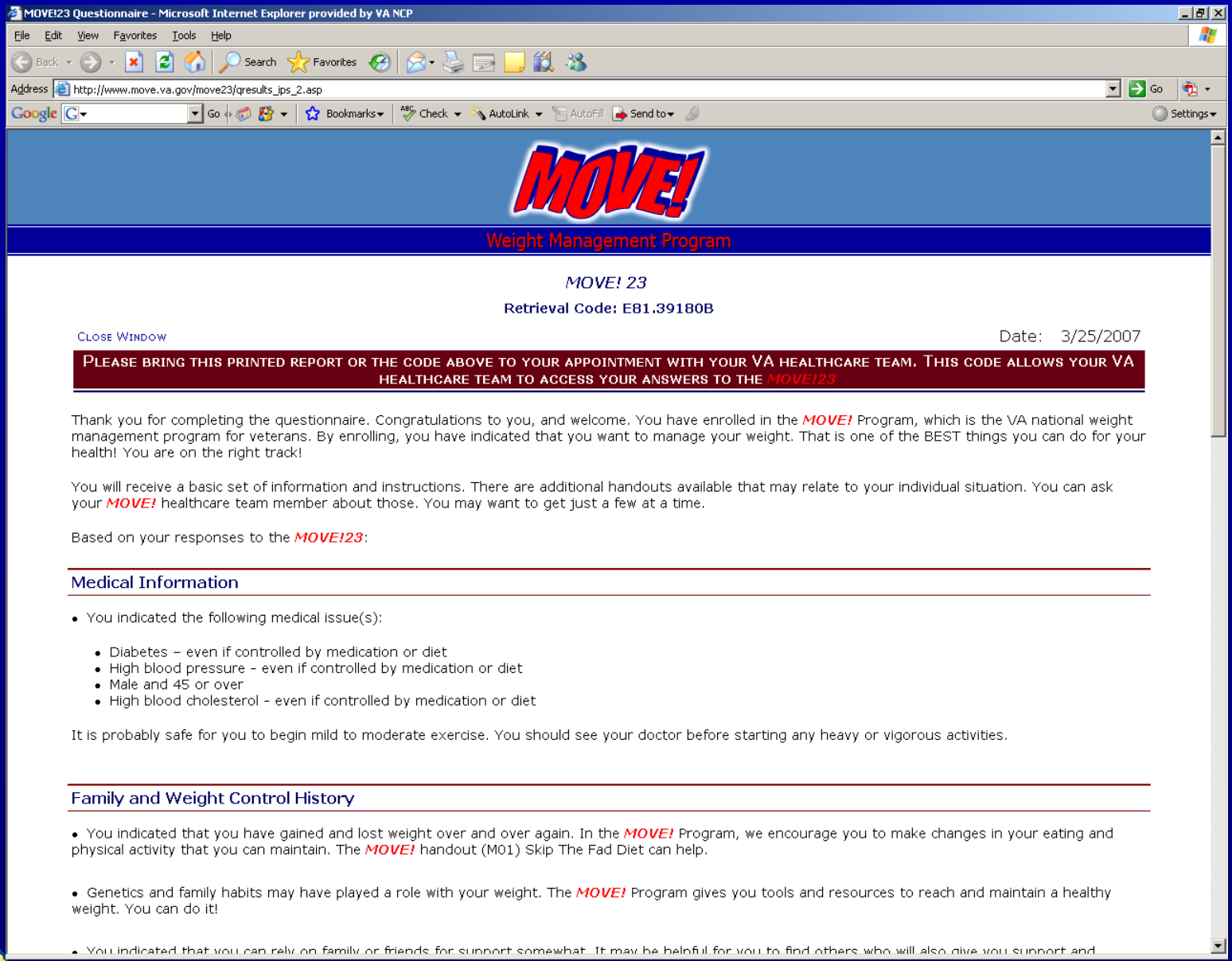
Veterans Health Administration
MOVE!
Weight Management Program
previous next
15: What do you think may get in the way of changing your eating habits?
Check all that apply to you.
Eating food from restaurants, fast food places, convenience stores, vending machines
Person who prepares my food is uncooperative or unsupportive
Too much high calorie food available at home or work
Too little time to prepare and eat healthy food
Too little money to buy healthy food
Feeling hungry much of the time
Used to eating a certain way
Difficulties such as stress or depression
Being with others who overeat
Don't know how
Other
Nothing should get in the way


MOVE!23 Questionnaire - Microsoft Internet Explorer provided by VA NCP
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MOVE!
Weight Management Program
MOVE! 23
Retrieval Code: E81.39180B
Close Window
Date: 3/25/2007
Please bring this printed report or the code above to your appointment with your VA healthcare team. This code allows your VA healthcare team to access your answers to the MOVE!23
Thank you for completing the questionnaire. Congratulations to you, and welcome. You have enrolled in the MOVE! Program, which is the VA national weight management program for veterans. By enrolling, you have indicated that you want to manage your weight. That is one of the BEST things you can do for your health! You are on the right track!
You will receive a basic set of information and instructions. There are additional handouts available that may relate to your individual situation. You can ask your MOVE! healthcare team member about those. You may want to get just a few at a time.
Based on your responses to the MOVE!23:
Medical Information
You indicated the following medical issue(s):
Diabetes – even if controlled by medication or diet
High blood pressure - even if controlled by medication or diet
Male and 45 or over
High blood cholesterol - even if controlled by medication or diet
It is probably safe for you to begin mild to moderate exercise. You should see your doctor before starting any heavy or vigorous activities.
Family and Weight Control History
You indicated that you have gained and lost weight over and over again. In the MOVE! Program, we encourage you to make changes in your eating and physical activity that you can maintain. The MOVE! handout (M01) Skip The Fad Diet can help.
Genetics and family habits may have played a role with your weight. The MOVE! Program gives you tools and resources to reach and maintain a healthy weight. You can do it!

MOVE!23 Questionnaire - Microsoft Internet Explorer provided by VA NCP

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Address http://www.move.va.gov/move23/qresults_jps_2.asp

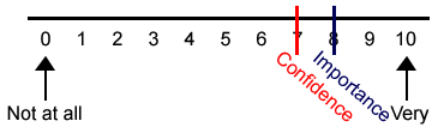
- You indicated that you have gained and lost weight over and over again. In the *MOVE!* Program, we encourage you to make changes in your eating and physical activity that you can maintain. The *MOVE!* handout (M01) Skip The Fad Diet can help.

- Genetics and family habits may have played a role with your weight. The *MOVE!* Program gives you tools and resources to reach and maintain a healthy weight. You can do it!

- You indicated that you can rely on family or friends for support somewhat. It may be helpful for you to find others who will also give you support and encouragement as you work on weight control. *MOVE!* can also offer you support. The *MOVE!* handout (B27) Involving Others in Your Weight Control Program offers tips on getting the support you need.

Weight Management Goals and Readiness

- The scale below indicates how you rated the importance of weight management to you personally and your level of confidence in your ability to change behaviors related to weight management.



If you rated "importance" or "confidence" in the middle or low range, don't feel bad. Many people who are starting with weight management often feel the same way. The more important weight management becomes to you and the more confidence you gain, the more likely you will be successful. Talk with your *MOVE!* healthcare team about what help you might need.

- It appears that you are ready to begin working on controlling your weight. Super!! Ask for the *MOVE!* handout (B04) Getting Ready to Lose Some Weight?.

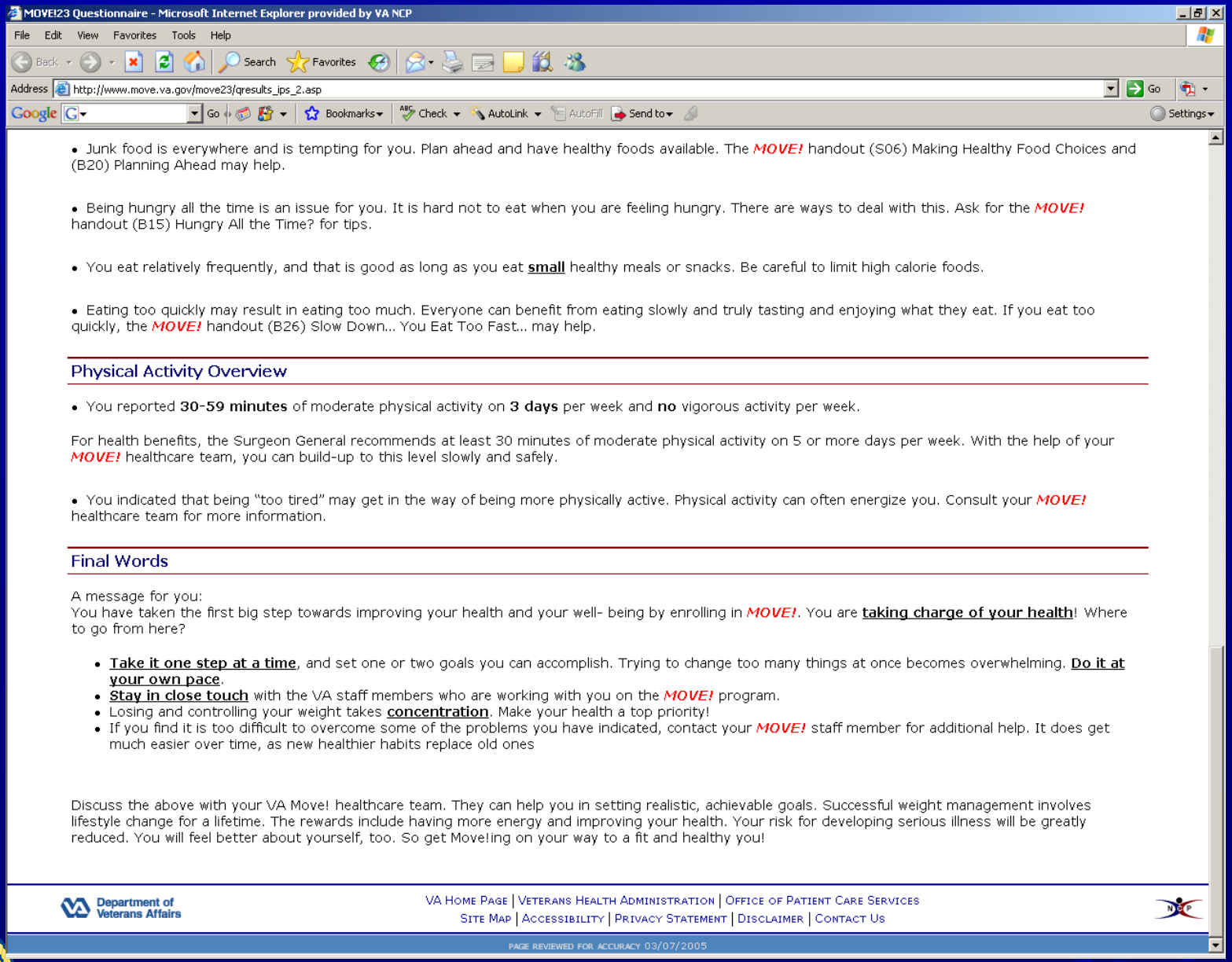
- You indicated that you think you can lose 11-25 lbs in one year. Your expectations for losing weight are realistic. In general, people can safely lose ½ -2 pounds a week, on average, if they work at it. Go for it!

Nutrition and Eating Overview

- Eating food too often from restaurants, fast food places, convenience stores, and vending machines makes managing weight difficult. The *MOVE!* handout (N25) Restaurant Tips can help with making healthy food choices when eating out.

- Junk food is everywhere and is tempting for you. Plan ahead and have healthy foods available. The *MOVE!* handout (S06) Making Healthy Food Choices and (B20) Planning Ahead may help.

- Being hungry all the time is an issue for you. It is hard not to eat when you are feeling hungry. There are ways to deal with this. Ask for the *MOVE!* handout (B15) Hungry All the Time? for tips.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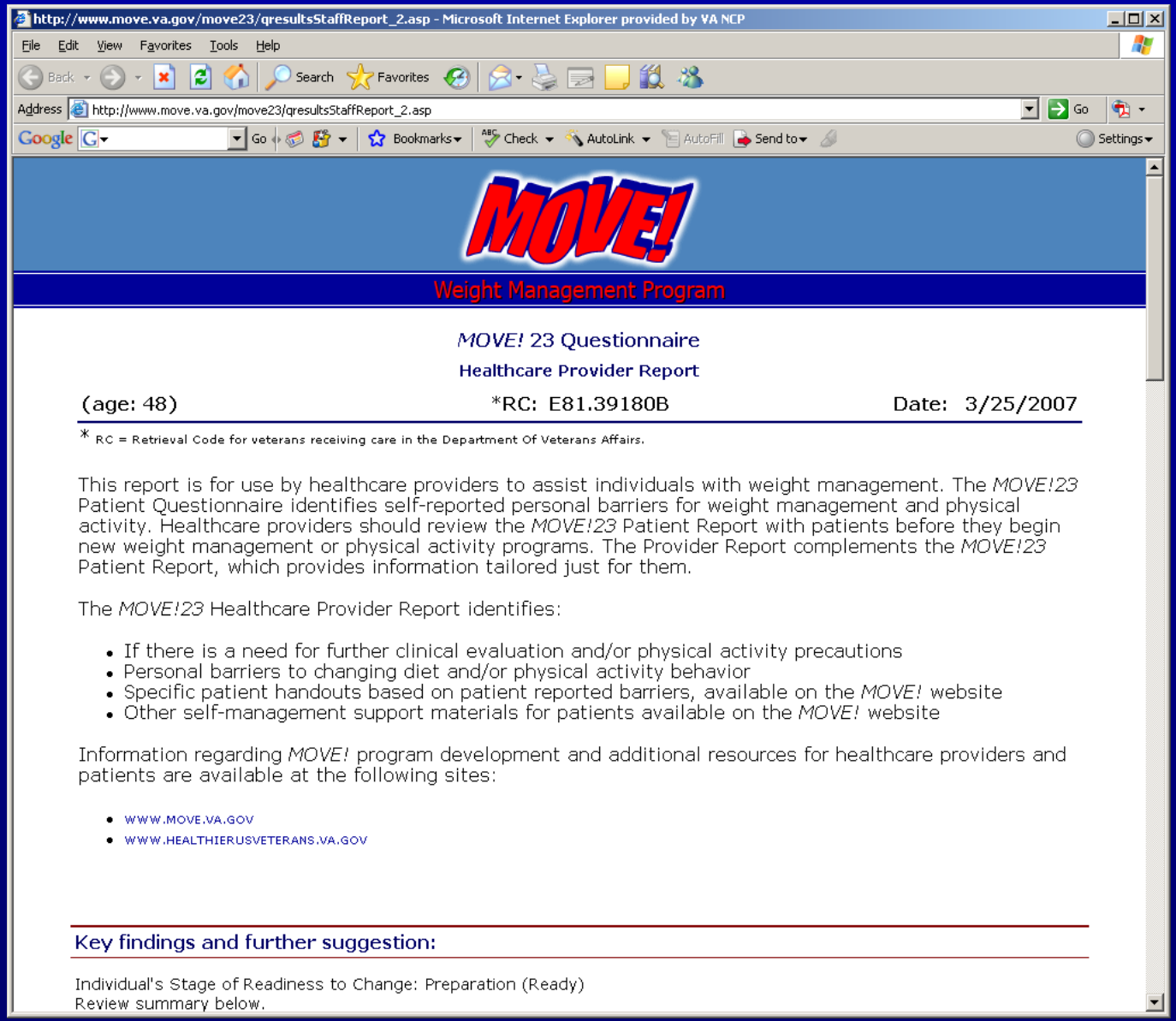
Address http://www.move.va.gov/move23/qresults_ips_2.asp
Go
Google Go Bookmarks Check AutoLink AutoFill Send to Settings
• Junk food is everywhere and is tempting for you. Plan ahead and have healthy foods available. The MOVE! handout (S06) Making Healthy Food Choices and (B20) Planning Ahead may help.
• Being hungry all the time is an issue for you. It is hard not to eat when you are feeling hungry. There are ways to deal with this. Ask for the MOVE! handout (B15) Hungry All the Time? for tips.
• You eat relatively frequently, and that is good as long as you eat small healthy meals or snacks. Be careful to limit high calorie foods.
• Eating too quickly may result in eating too much. Everyone can benefit from eating slowly and truly tasting and enjoying what they eat. If you eat too quickly, the MOVE! handout (B26) Slow Down... You Eat Too Fast... may help.
Physical Activity Overview
• You reported 30-59 minutes of moderate physical activity on 3 days per week and no vigorous activity per week.
For health benefits, the Surgeon General recommends at least 30 minutes of moderate physical activity on 5 or more days per week. With the help of your MOVE! healthcare team, you can build-up to this level slowly and safely.
• You indicated that being "too tired" may get in the way of being more physically active. Physical activity can often energize you. Consult your MOVE! healthcare team for more information.
Final Words
A message for you:
You have taken the first big step towards improving your health and your well- being by enrolling in MOVE!. You are taking charge of your health! Where to go from here?
• Take it one step at a time, and set one or two goals you can accomplish. Trying to change too many things at once becomes overwhelming. Do it at your own pace.
• Stay in close touch with the VA staff members who are working with you on the MOVE! program.
• Losing and controlling your weight takes concentration. Make your health a top priority!
• If you find it is too difficult to overcome some of the problems you have indicated, contact your MOVE! staff member for additional help. It does get much easier over time, as new healthier habits replace old ones
Discuss the above with your VA Move! healthcare team. They can help you in setting realistic, achievable goals. Successful weight management involves lifestyle change for a lifetime. The rewards include having more energy and improving your health. Your risk for developing serious illness will be greatly reduced. You will feel better about yourself, too. So get Move!ing on your way to a fit and healthy you!
Department of Veterans Affairs
VA Home Page | Veterans Health Administration | Office of Patient Care Services
Site Map | Accessibility | Privacy Statement | Disclaimer | Contact Us
Page reviewed for accuracy 03/07/2005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MOVE!
Weight Management Program
MOVE! 23 Questionnaire
Healthcare Provider Report
(age: 48)
*RC: E81.39180B
Date: 3/25/2007
* RC = Retrieval Code for veterans receiving care in the Department Of Veterans Affairs.
This report is for use by healthcare providers to assist individuals with weight management. The MOVE!23 Patient Questionnaire identifies self-reported personal barriers for weight management and physical activity. Healthcare providers should review the MOVE!23 Patient Report with patients before they begin new weight management or physical activity programs. The Provider Report complements the MOVE!23 Patient Report, which provides information tailored just for them.
The MOVE!23 Healthcare Provider Report identifies:
If there is a need for further clinical evaluation and/or physical activity precautions
Personal barriers to changing diet and/or physical activity behavior
Specific patient handouts based on patient reported barriers, available on the MOVE! website
Other self-management support materials for patients available on the MOVE! website
Information regarding MOVE! program development and additional resources for healthcare providers and patients are available at the following sites:
WWW.MOVE.VA.GOV
WWW.HEALTHIERUSVETERANS.VA.GOV
Key findings and further suggestion:
Individual's Stage of Readiness to Change: Preparation (Ready)
Review summary below.

http://www.move.va.gov/move23/qresultsStaffReport_2.asp - Microsoft Internet Explorer provided by VA NCP

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Address http://www.move.va.gov/move23/qresultsStaffReport_2.asp

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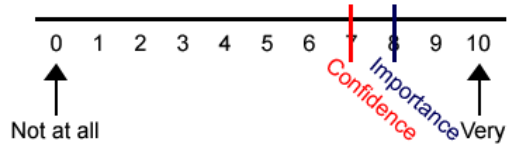
Key findings and further suggestion:

Individual's Stage of Readiness to Change: Preparation (Ready)
Review summary below.

- Individual has "Red Flags" that require further evaluation and/or treatment prior to participation in a weight management program. *Review summary below.*

MOVE!23 Questionnaire Summary

Importance, Confidence, and Readiness to Change



The individual checked that he/she is ready to make some changes to control weight. *Congratulate the individual and support self-efficacy. If importance or confidence is rated in the mid or low range, ask the individual what it might take to rate them 1-2 points higher. See* ***MOVE!*** *Handout* B04 - GETTING READY TO LOSE SOME WEIGHT

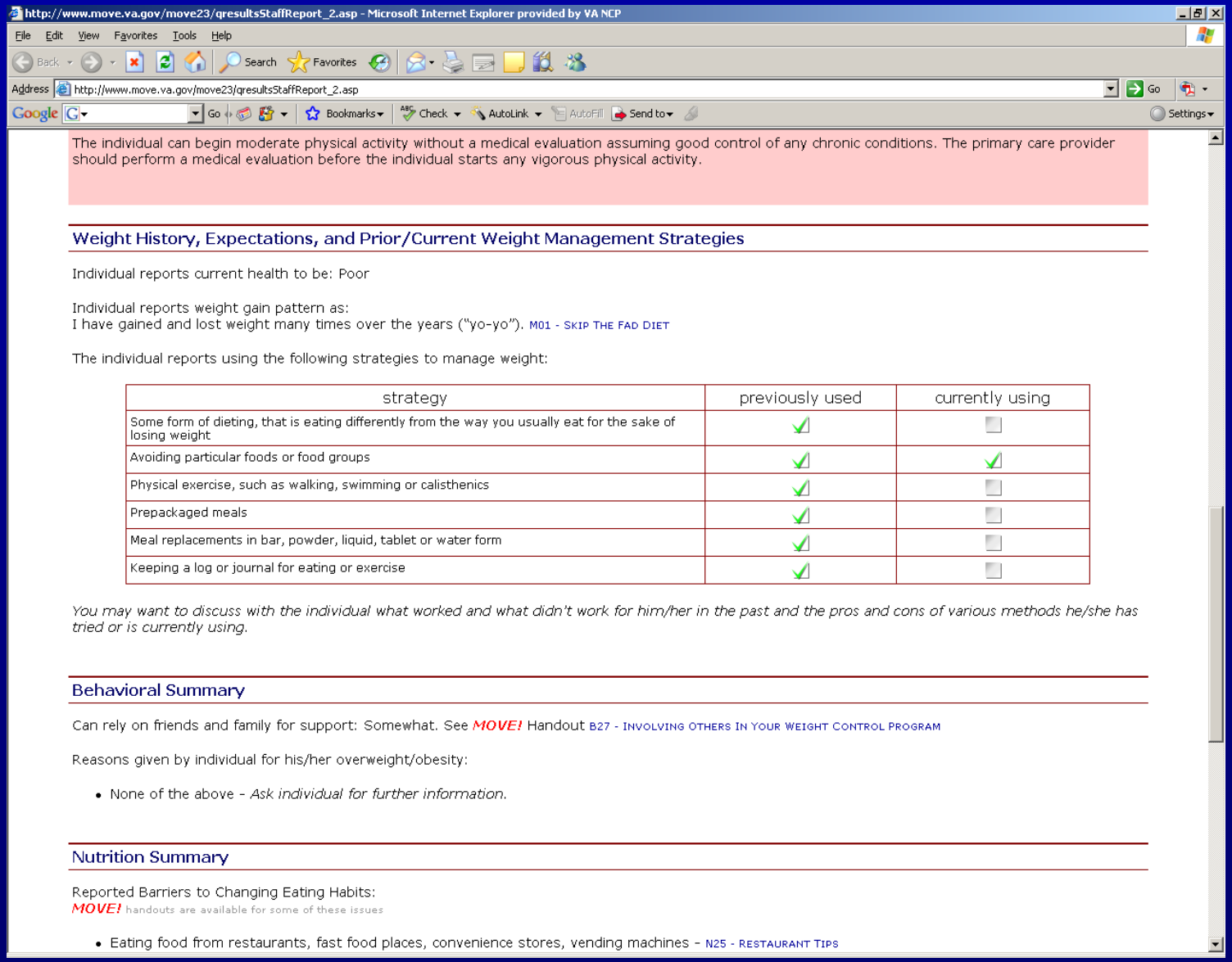
Red Flags for Further Evaluation Prior to Weight Management Participation

The individual is reporting the following:

- Male and 45 or over
- Diabetes – even if controlled by medication or diet
- High blood pressure - even if controlled by medication or diet

The individual can begin moderate physical activity without a medical evaluation assuming good control of any chronic conditions. The primary care provider should perform a medical evaluation before the individual starts any vigorous physical activity.

MOVE!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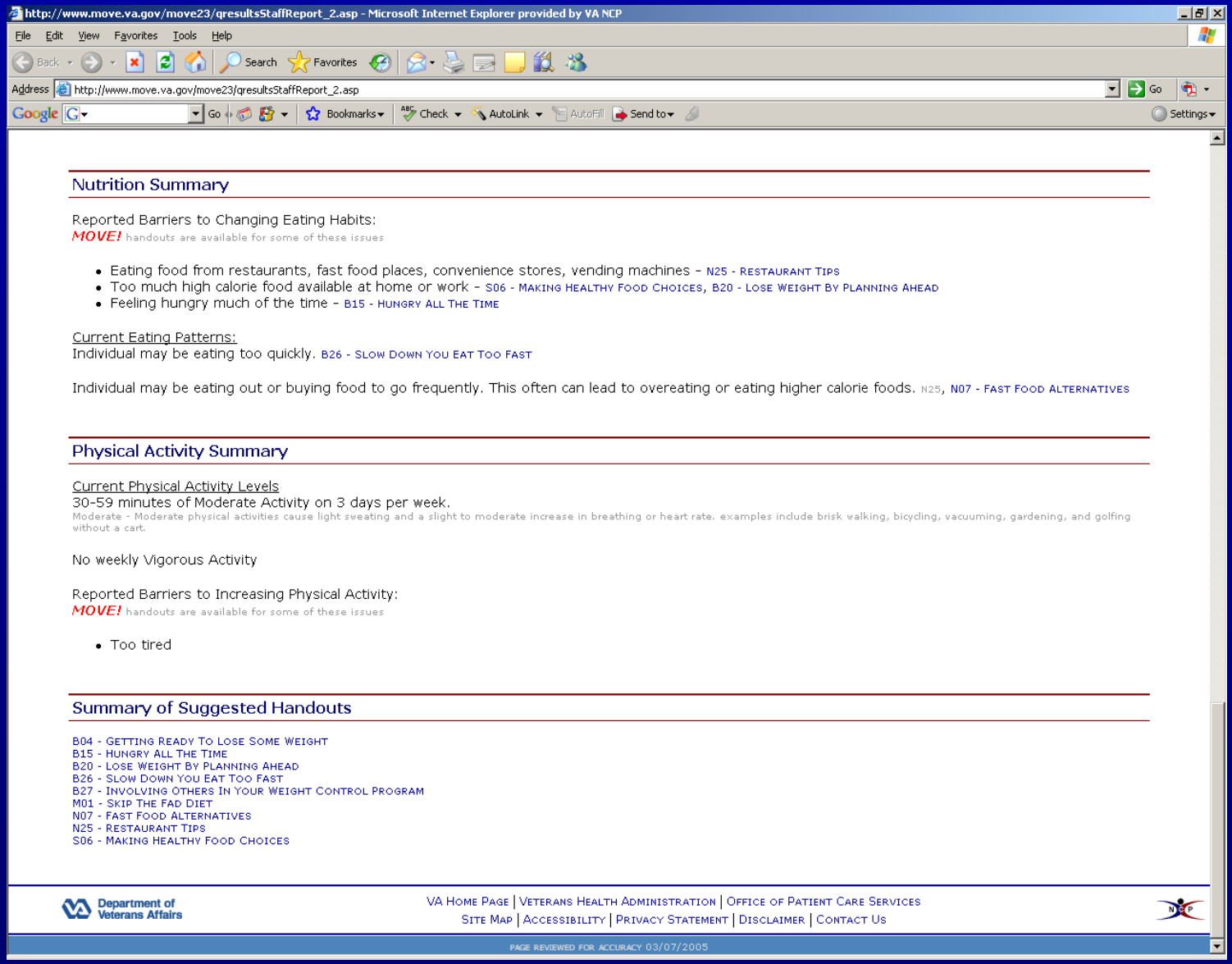
The individual can begin moderate physical activity without a medical evaluation assuming good control of any chronic conditions. The primary care provider should perform a medical evaluation before the individual starts any vigorous physical activity.
Weight History, Expectations, and Prior/Current Weight Management Strategies
Individual reports current health to be: Poor
Individual reports weight gain pattern as:
I have gained and lost weight many times over the years ("yo-yo"). M01 - SKIP THE FAD DIET
The individual reports using the following strategies to manage weight:
strategy | previously used | currently using
Some form of dieting, that is eating differently from the way you usually eat for the sake of losing weight
Avoiding particular foods or food groups
Physical exercise, such as walking, swimming or calisthenics
Prepackaged meals
Meal replacements in bar, powder, liquid, tablet or water form
Keeping a log or journal for eating or exercise
You may want to discuss with the individual what worked and what didn't work for him/her in the past and the pros and cons of various methods he/she has tried or is currently using.
Behavioral Summary
Can rely on friends and family for support: Somewhat. See MOVE! Handout B27 - INVOLVING OTHERS IN YOUR WEIGHT CONTROL PROGRAM
Reasons given by individual for his/her overweight/obesity:
None of the above - Ask individual for further information.
Nutrition Summary
Reported Barriers to Changing Eating Habits:
MOVE! handouts are available for some of these issues
Eating food from restaurants, fast food places, convenience stores, vending machines - N25 - RESTAURANT TIPS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Nutrition Summary
Reported Barriers to Changing Eating Habits:
MOVE! handouts are available for some of these issues
Eating food from restaurants, fast food places, convenience stores, vending machines - N25 - Restaurant Tips
Too much high calorie food available at home or work - S06 - Making Healthy Food Choices, B20 - Lose Weight By Planning Ahead
Feeling hungry much of the time - B15 - Hungry All The Time
Current Eating Patterns:
Individual may be eating too quickly. B26 - Slow Down You Eat Too Fast
Individual may be eating out or buying food to go frequently. This often can lead to overeating or eating higher calorie foods. N25, N07 - Fast Food Alternatives
Physical Activity Summary
Current Physical Activity Levels
30-59 minutes of Moderate Activity on 3 days per week.
Moderate - Moderate physical activities cause light sweating and a slight to moderate increase in breathing or heart rate. examples include brisk walking, bicycling, vacuuming, gardening, and golfing without a cart.
No weekly Vigorous Activity
Reported Barriers to Increasing Physical Activity:
MOVE! handouts are available for some of these issues
Too tired
Summary of Suggested Handouts
B04 - Getting Ready To Lose Some Weight
B15 - Hungry All The Time
B20 - Lose Weight By Planning Ahead
B26 - Slow Down You Eat Too Fast
B27 - Involving Others In Your Weight Control Program
M01 - Skip The Fad Diet
N07 - Fast Food Alternatives
N25 - Restaurant Tips
S06 - Making Healthy Food Choices
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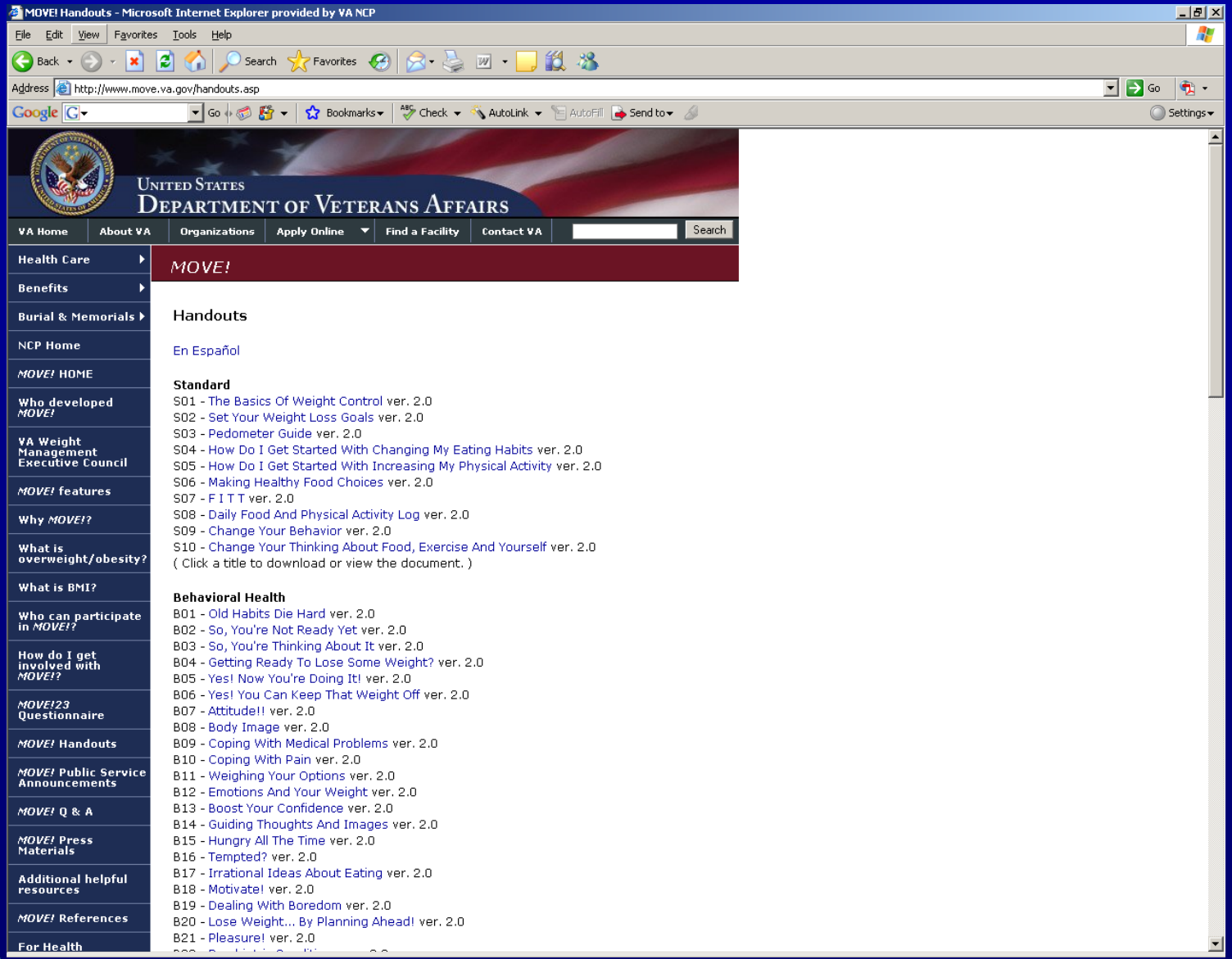
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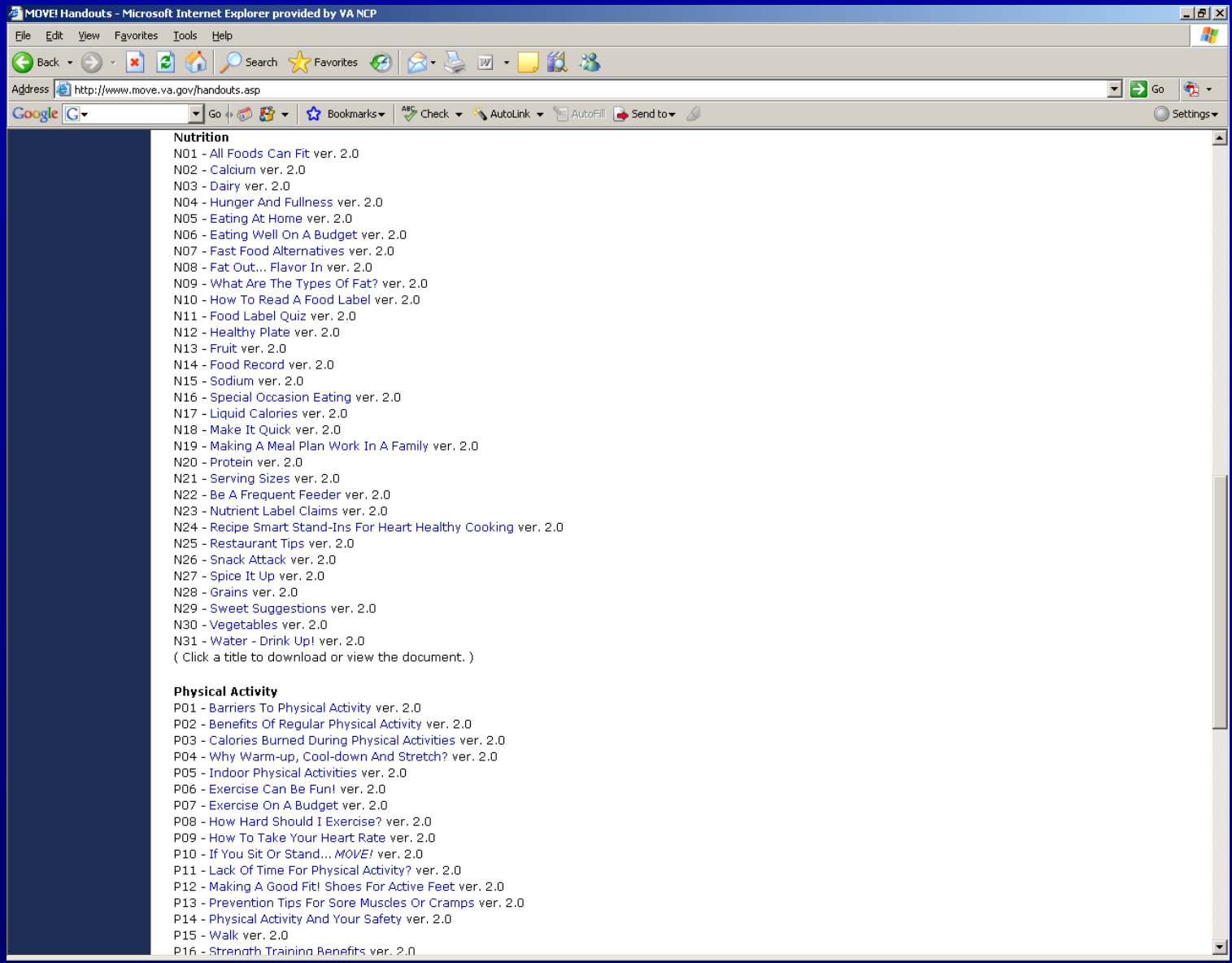
Burial & Memorials
NCP Home
MOVE! HOME
Who developed MOVE!
VA Weight Management Executive Council
MOVE! features
Why MOVE!?
What is overweight/obesity?
What is BMI?
Who can participate in MOVE!?
How do I get involved with MOVE!?
MOVE!23 Questionnaire
MOVE! Handouts
MOVE! Public Service Announcements
MOVE! Q & A
MOVE! Press Materials
Additional helpful resources
MOVE! References
For Health
MOVE!
Handouts
En Español
Standard
S01 - The Basics Of Weight Control ver. 2.0
S02 - Set Your Weight Loss Goals ver. 2.0
S03 - Pedometer Guide ver. 2.0
S04 - How Do I Get Started With Changing My Eating Habits ver. 2.0
S05 - How Do I Get Started With Increasing My Physical Activity ver. 2.0
S06 - Making Healthy Food Choices ver. 2.0
S07 - F I T T ver. 2.0
S08 - Daily Food And Physical Activity Log ver. 2.0
S09 - Change Your Behavior ver. 2.0
S10 - Change Your Thinking About Food, Exercise And Yourself ver. 2.0
(Click a title to download or view the document.)
Behavioral Health
B01 - Old Habits Die Hard ver. 2.0
B02 - So, You're Not Ready Yet ver. 2.0
B03 - So, You're Thinking About It ver. 2.0
B04 - Getting Ready To Lose Some Weight? ver. 2.0
B05 - Yes! Now You're Doing It! ver. 2.0
B06 - Yes! You Can Keep That Weight Off ver. 2.0
B07 - Attitude!! ver. 2.0
B08 - Body Image ver. 2.0
B09 - Coping With Medical Problems ver. 2.0
B10 - Coping With Pain ver. 2.0
B11 - Weighing Your Options ver. 2.0
B12 - Emotions And Your Weight ver. 2.0
B13 - Boost Your Confidence ver. 2.0
B14 - Guiding Thoughts And Images ver. 2.0
B15 - Hungry All The Time ver. 2.0
B16 - Tempted? ver. 2.0
B17 - Irrational Ideas About Eating ver. 2.0
B18 - Motivate! ver. 2.0
B19 - Dealing With Boredom ver. 2.0
B20 - Lose Weight... By Planning Ahead! ver. 2.0
B21 - Pleasure! ver. 2.0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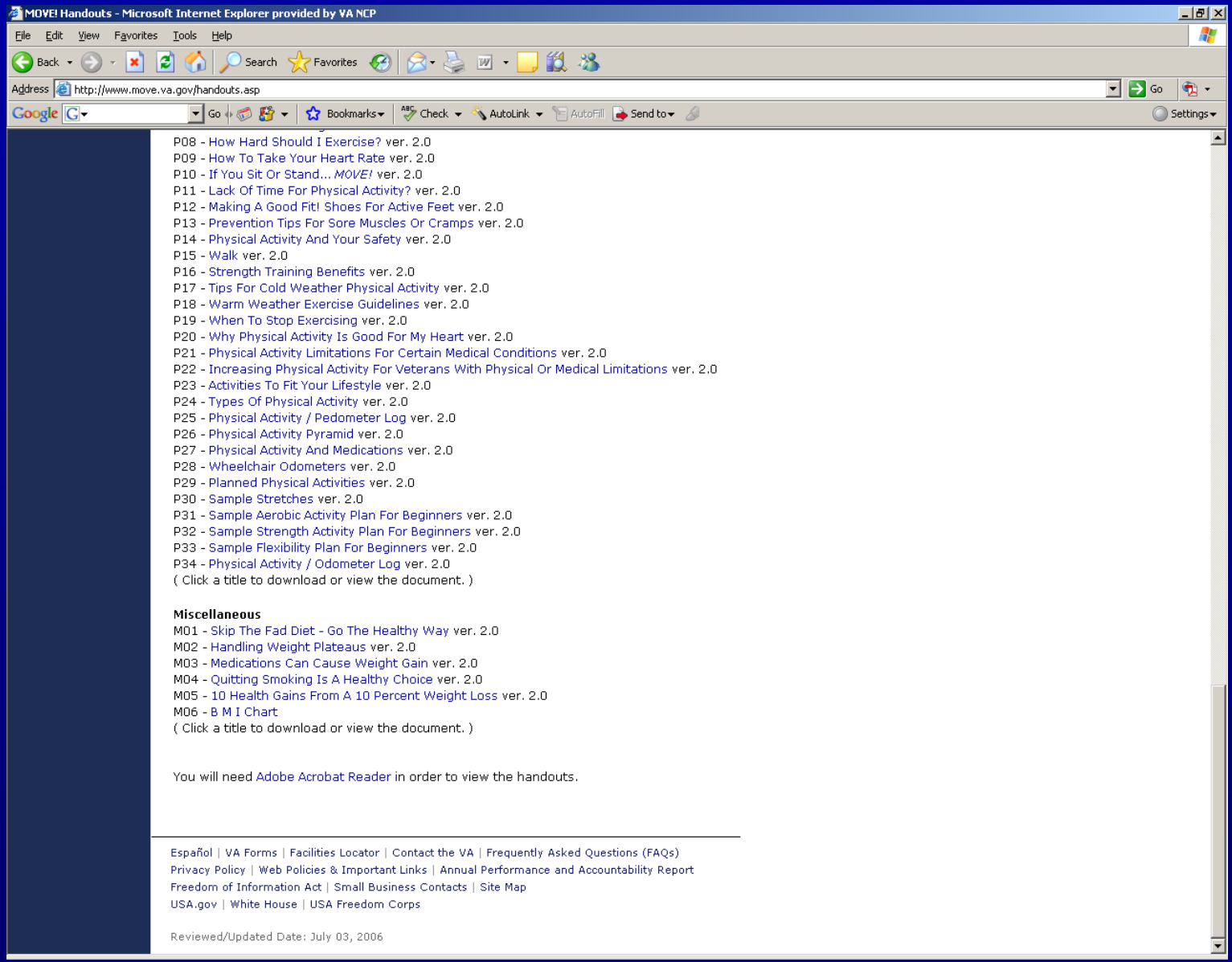
Nutrition
N01 - All Foods Can Fit ver. 2.0
N02 - Calcium ver. 2.0
N03 - Dairy ver. 2.0
N04 - Hunger And Fullness ver. 2.0
N05 - Eating At Home ver. 2.0
N06 - Eating Well On A Budget ver. 2.0
N07 - Fast Food Alternatives ver. 2.0
N08 - Fat Out... Flavor In ver. 2.0
N09 - What Are The Types Of Fat? ver. 2.0
N10 - How To Read A Food Label ver. 2.0
N11 - Food Label Quiz ver. 2.0
N12 - Healthy Plate ver. 2.0
N13 - Fruit ver. 2.0
N14 - Food Record ver. 2.0
N15 - Sodium ver. 2.0
N16 - Special Occasion Eating ver. 2.0
N17 - Liquid Calories ver. 2.0
N18 - Make It Quick ver. 2.0
N19 - Making A Meal Plan Work In A Family ver. 2.0
N20 - Protein ver. 2.0
N21 - Serving Sizes ver. 2.0
N22 - Be A Frequent Feeder ver. 2.0
N23 - Nutrient Label Claims ver. 2.0
N24 - Recipe Smart Stand-Ins For Heart Healthy Cooking ver. 2.0
N25 - Restaurant Tips ver. 2.0
N26 - Snack Attack ver. 2.0
N27 - Spice It Up ver. 2.0
N28 - Grains ver. 2.0
N29 - Sweet Suggestions ver. 2.0
N30 - Vegetables ver. 2.0
N31 - Water - Drink Up! ver. 2.0
(Click a title to download or view the document.)
Physical Activity
P01 - Barriers To Physical Activity ver. 2.0
P02 - Benefits Of Regular Physical Activity ver. 2.0
P03 - Calories Burned During Physical Activities ver. 2.0
P04 - Why Warm-up, Cool-down And Stretch? ver. 2.0
P05 - Indoor Physical Activities ver. 2.0
P06 - Exercise Can Be Fun! ver. 2.0
P07 - Exercise On A Budget ver. 2.0
P08 - How Hard Should I Exercise? ver. 2.0
P09 - How To Take Your Heart Rate ver. 2.0
P10 - If You Sit Or Stand... MOVE! ver. 2.0
P11 - Lack Of Time For Physical Activity? ver. 2.0
P12 - Making A Good Fit! Shoes For Active Feet ver. 2.0
P13 - Prevention Tips For Sore Muscles Or Cramps ver. 2.0
P14 - Physical Activity And Your Safety ver. 2.0
P15 - Walk ver. 2.0
P16 - Strength Training Benefits ver. 2.0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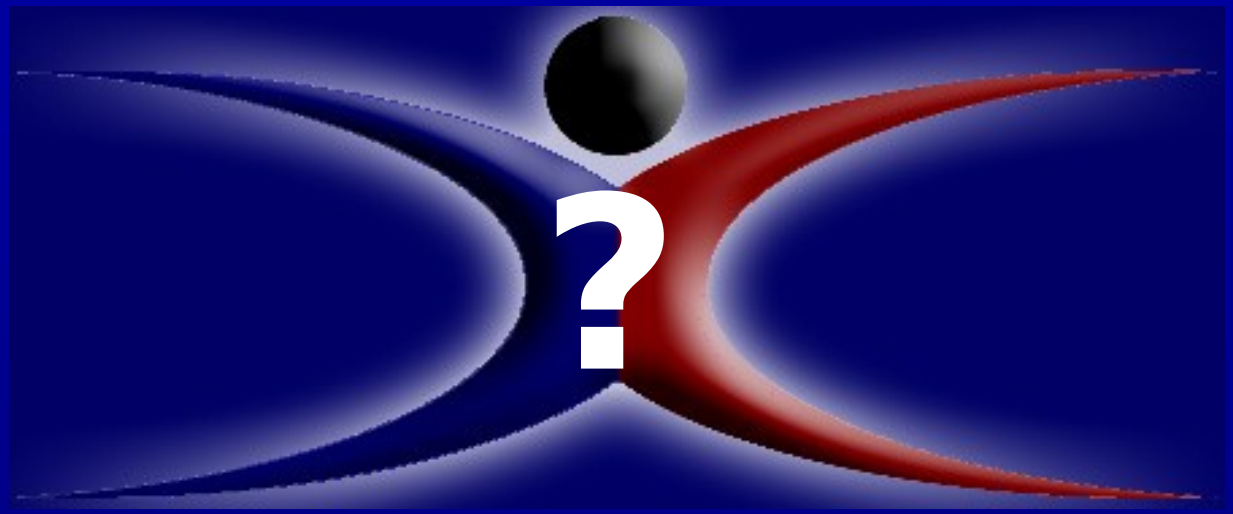
P14 - Physical Activity And Your Safety ver. 2.0
P15 - Walk ver. 2.0
P16 - Strength Training Benefits ver. 2.0
P17 - Tips For Cold Weather Physical Activity ver. 2.0
P18 - Warm Weather Exercise Guidelines ver. 2.0
P19 - When To Stop Exercising ver. 2.0
P20 - Why Physical Activity Is Good For My Heart ver. 2.0
P21 - Physical Activity Limitations For Certain Medical Conditions ver. 2.0
P22 - Increasing Physical Activity For Veterans With Physical Or Medical Limitations ver. 2.0
P23 - Activities To Fit Your Lifestyle ver. 2.0
P24 - Types Of Physical Activity ver. 2.0
P25 - Physical Activity / Pedometer Log ver. 2.0
P26 - Physical Activity Pyramid ver. 2.0
P27 - Physical Activity And Medications ver. 2.0
P28 - Wheelchair Odometers ver. 2.0
P29 - Planned Physical Activities ver. 2.0
P30 - Sample Stretches ver. 2.0
P31 - Sample Aerobic Activity Plan For Beginners ver. 2.0
P32 - Sample Strength Activity Plan For Beginners ver. 2.0
P33 - Sample Flexibility Plan For Beginners ver. 2.0
P34 - Physical Activity / Odometer Log ver. 2.0
(Click a title to download or view the document.)
Miscellaneous
M01 - Skip The Fad Diet - Go The Healthy Way ver. 2.0
M02 - Handling Weight Plateaus ver. 2.0
M03 - Medications Can Cause Weight Gain ver. 2.0
M04 - Quitting Smoking Is A Healthy Choice ver. 2.0
M05 - 10 Health Gains From A 10 Percent Weight Loss ver. 2.0
M06 - B M I Chart
(Click a title to download or view the document.)
You will need Adobe Acrobat Reader in order to view the handouts.
Español | VA Forms | Facilities Locator | Contact the VA | Frequently Asked Questions (FAQs)
Privacy Policy | Web Policies & Important Links | Annual Performance and Accountability Report
Freedom of Information Act | Small Business Contacts | Site Map
USA.gov | White House | USA Freedom Corps
Reviewed/Updated Date: July 03, 2006

Web Site Statistics – from 1/1/07

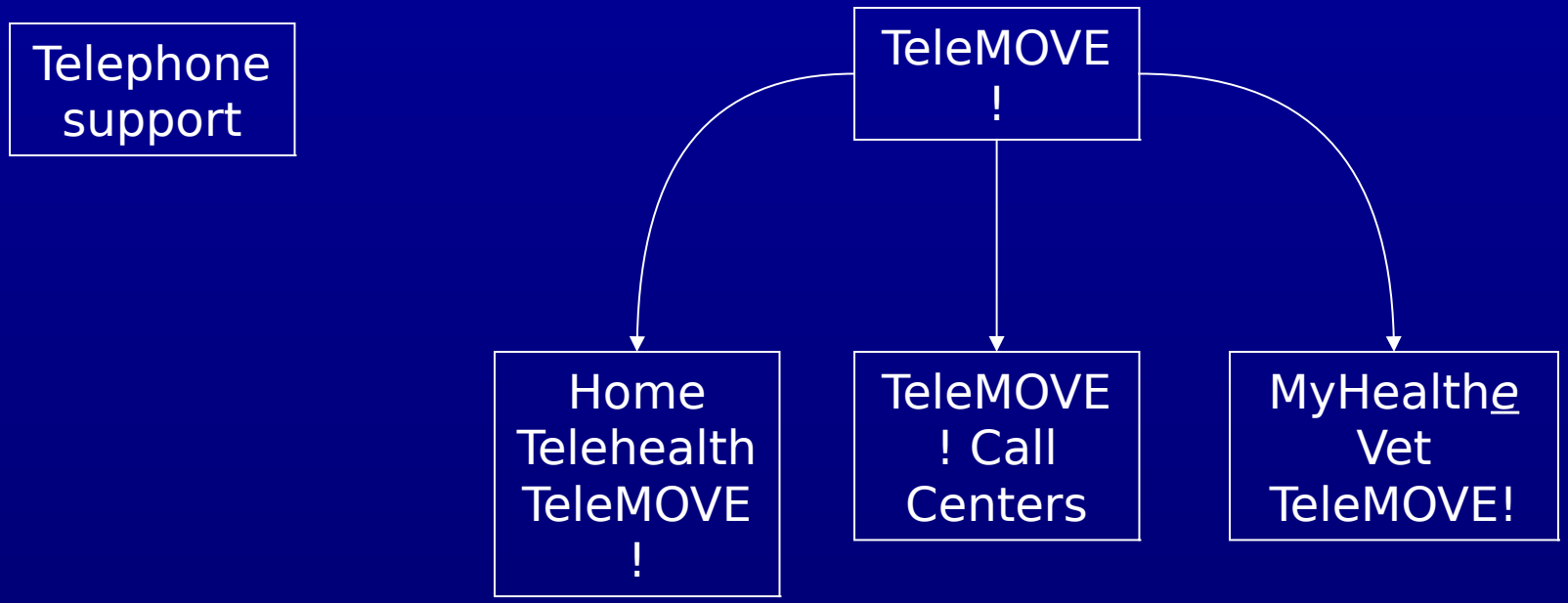
- Hits
  - 541,765
  - average 6,606 hits per day
- Unique Visitors
  - 5,417
    - 3,780 once
    - 1,637 more than once – average 2.78
    - Average visit – 26 min 39 sec
- *MOVE!23*s completed - >45,000



Web Site and Web-based Materials: vaww.move.med.va.go
Electronic Mail Support: move@va.gov
Telephone - *MOVE!* Hotline – 1-866-979-MOVE
(contact information for VHA staff)

National Center for Health Promotion and Disease Preventio
3022 Croasdaile Dr., Suite 200
Durham, NC 27705

Self-Management Support



MOVE-Intensive

- Guidelines for Level 4:
  - Residential treatment
  - Intensive outpatient counseling
  - VLCD +/or meal replacement products
  - Collaboration with bariatric surgery programs

Relapse Prevention / Behavioral Maintenance

- New Handouts
- Need to really know what is going on with patients
- Are we giving them the support they need?

Motivational Communication Tools

- Need assistance with how to talk to patients about these issues

Support Materials Revision

- Quick Start Manual becomes MOVE! Administrative Reference Manual
- Clinical Reference Manual